

# September 2017


## BREAKFAST




Menus subject to change according to the availability of products.

the most important meal of the day!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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It's important for kids to have breakfast every day, but what they eat in the morning is crucial too. Choosing breakfast foods that are rich in whole grains, fiber and protein while low in added sugar may boost kids' attention span, concentration, and memory - which they need to learn in school.



					1 Yogurt & Bunny Friends or Cereal & Toast Juice Fruit Milk	2
3	4 NO SCHOOL 	5 Scrambled Eggs & Toast or Cereal & Toast Juice Fruit Milk	6 Breakfast Pizza or Cereal & Toast Juice Fruit Milk	7 Breakfast Bites or Cereal & Toast Juice Fruit Milk	8 Yogurt & Bunny Friends or Cereal & Toast Juice Fruit Milk	9  Milk Choices 1% White 1% Flavored Skim
10 Bacon Egg Breakfast Boat or Cereal & Toast Juice Fruit Milk	11	12 Scrambled Eggs & Toast or Cereal & Toast Juice Fruit Milk	13 Breakfast Pizza or Cereal & Toast Juice Fruit Milk	14 Breakfast Bites or Cereal & Toast Juice Fruit Milk	15 Yogurt & Bunny Friends or Cereal & Toast Juice Fruit Milk	16 In accordance with Federal Law and U.S. Department of Agriculture Policy, this institution is prohibited from discriminating on the bases of race, color, sex, age, religion, political beliefs or disability.
17 Bond County Community Unit #2 Food Service Department Teresa Tompkins, Food Service Director Call Monday-Friday with questions or account information, 664-5015	18 Bacon Egg Breakfast Boat or Cereal & Toast Juice Fruit Milk	19 Scrambled Eggs & Toast or Cereal & Toast Juice Fruit Milk	20 Breakfast Pizza or Cereal & Toast Juice Fruit Milk	21 Breakfast Bites or Cereal & Toast Juice Fruit Milk	22 Yogurt & Bunny Friends or Cereal & Toast Juice Fruit Milk	23
24	25 Bacon Egg Breakfast Boat or Cereal & Toast Juice Fruit Milk	26 Scrambled Eggs & Toast or Cereal & Toast Juice Fruit Milk	27 Breakfast Pizza or Cereal & Toast Juice Fruit Milk	28 Breakfast Bites or Cereal & Toast Juice Fruit Milk	29 Yogurt & Bunny Friends or Cereal & Toast Juice Fruit Milk	30  <b>Breakfast Prices</b> Reduced \$.30 Elem/JH \$1.45 Extra Milk \$.35